Handwashing for Health

Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others.

When to Wash

- After sneezing, coughing, or blowing your nose
- After having contact or taking care of an ill person
- After using the bathroom
- After handling garbage or trash
- Before, during, and after you prepare food
- Before eating
- Before and after changing a baby's diaper
- Whenever your hands are dirty
- Periodically throughout the day

According to CDC, up to 80% of all infections are transmitted through our hands.

How to Wash

- Wash your hands thoroughly with warm water and soap
- Rub hands together for 20 seconds (sing the "Happy Birthday" song 2 times)
- Rinse and dry with a clean paper towel

Remember: If soap and water are not available, use an alcohol-based hand sanitizer to clean your hands.

Harris County

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